



THE PIER



NAVAL HOSPITAL PENSACOLA

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Welcome!

It's summertime in Pensacola, and all over the Gulf Coast, families are looking forward to summer picnics, trips to the beach, and enjoying our piece of paradise. But the warm weather brings other things too...including hurricanes. June 1st began the official hurricane season, and this month's Ombudsman Newsletter is dedicated to hurricane preparedness and summer safety.

Along with summer safety and hurricane information, inside these pages you'll also find a snapshot of local events taking place on base and in the community as well as information and descriptions of the resources available to you.

As always, if there are any events, or topics that you'd like to see included in upcoming newsletters, please let me know. If you require any assistance or have any questions, please don't hesitate to ask.

Stay safe, and keep an eye out for monthly issues of The Pier!

Your Ombudsman,

Emily

Emily Jenkins

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850-377- 4325

Be Prepared, Not Scared!

Getting Ready for Hurricane Season

Hurricane season runs annually from June 1 – November 30, and this year the National Oceanic and Atmospheric Administration (NOAA) is predicting above-normal activity for this hurricane season.

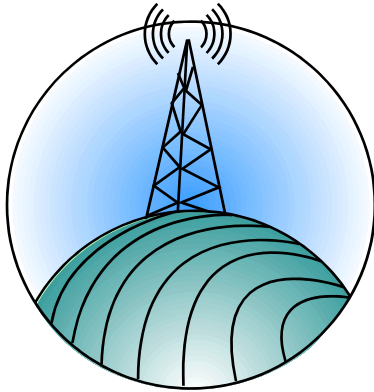
Preparation is key in keeping your family safe, and here is a Hurricane To-Do List to help get you ready.

- ✓ Make a family plan. Who does what, and where will your family ride out the storm? It's always a good idea to have a destination in mind before an evacuation becomes necessary. Ask friends and family who live out of town if you can ride out the storm with them, or have a list of hotels ready.
- ✓ Locate your water meter and electrical shut off.
- ✓ Know the disaster plans for your children's daycare, school, or summer camp.
- ✓ Trim trees, store patio and yard furniture, and all loose objects.
- ✓ Test your smoke and CO2 detectors.
- ✓ Video or photograph the contents of your home and assemble a home inventory. Keep the video or photos with an out of town friend or family member.
- ✓ Photocopy important papers and store copies separately and safely.

In Case of Emergency

Local Storm and Disaster Information can be found on the below stations:

- WEAR Channel 3
- WNAS Channel 4 (NAS base television)
- WKRK Channel 5
- 97.5 FM
- 98.7 FM
- 101.5 FM
- 980 AM
- 1620 AM



Get Ready – Be Prepared!

A great local resource for learning more about hurricane and disaster preparation is Be Ready Escambia. A resource from the Division of Emergency Management, the website offers information on natural and manmade disasters, as well as a variety of tools and checklists to make sure you are storm ready!

Visit www.bereadyescambia.com or call 850-471-6400 for more information.

Hurricane Kits: What to have on hand for when the storm hits

- Water: one gallon of water per person per day for at least 3 days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Cell phone with chargers

Also, it's a good idea to make sure your vehicles have full tanks of gas, and that you have cash on hand in the event that you are unable to access an ATM.

(Checklist courtesy of www.ready.gov)

AROUND TOWN

FREE MOVIES!

RAVE THEATER / BAYOU

EVERY TUES. & WEDS. – DOORS OPEN AT 9:30 AM AND
THE SHOWS BEGIN AT 10:00 AM.

JULY 5-6: RAMONA & BEEZUS

JULY 12-13: PERCY JACKSON

JULY 19-20: CHRONICLES OF NARNIA 3

JULY 26-27: GULLIVER'S TRAVELS

SERTOMA'S FOURTH OF JULY CELEBRATION - FREE

JULY 4TH FROM 11 AM – 9 PM

OLD SEVILLE, PENSACOLA

WWW.PENSACOLA.SERTOMAJULY4TH.ORG

CELEBRATE JULY 4TH WITH LIVE MUSIC, ARTS & CRAFTS
VENDORS, GOOD FOOD, AND ACTIVITIES FOR THE KIDS.
THEN END YOUR NIGHT WITH BREATHTAKING
FIREWORKS OVER PENSACOLA BAY!

BLUE ANGEL REC PARK

OPEN DAILY

2100 BRONSON FIELD RD., OFF OF HWY 98 W.

[HTTP://WWW.NASPENSACOLA-](http://WWW.NASPENSACOLA-MWR.COM/CORRY/MWRBLUE.HTM)

[MWR.COM/CORRY/MWRBLUE.HTM](http://WWW.NASPENSACOLA-MWR.COM/CORRY/MWRBLUE.HTM)

MINIATURE GOLF, PAINTBALL, CANOEING, KAYAKING,
MOUNTAIN BIKING... YOU NAME IT, THEY'VE GOT IT!

SUNSETS AT PLAZA DE LUNA - FREE

1000 PALAFOX STREET, PENSACOLA

THURSDAY NIGHTS FROM 5:30 UNTIL SUNSET

COME OUT AND ENJOY A COOL BREEZE AND LIVE MUSIC!

JUNE 30: JOSH ASKINS (ROCK / POP)

JULY 7: WES LOPER (COUNTRY)

JULY 14: PETTY CASH (ROCK / POP COVERS)

JULY 21: BAYLEN (JAZZ)

**BORED? NEED SOMETHING TO DO? CHECK OUT
THESE SITES AND FILL UP YOUR SOCIAL CALENDAR!**

WWW.NASPENSACOLA-MWR.COM

WWW.VISITPENSACOLA.COM

WWW.PENSACOLAWITHKIDS.COM



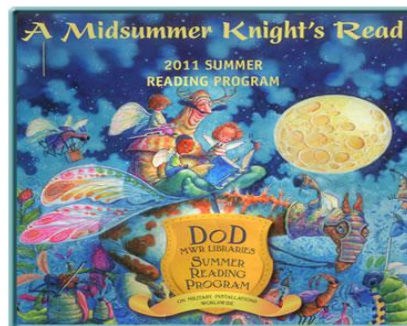
2011 SUMMER READING PROGRAM

June 15 - August 10

Each Wednesday ♦ 1:30 - 3 pm

NASP Library ♦ Bldg. 634

Crafts ♦ Refreshments ♦ Stories ♦ Prizes



All children are welcome! 850-452-4362



A partnership among Blue Star Families,
the National Endowment for the Arts, and
more than 1,000 museums across America

arts.gov/bluestarmuseums

Blue Star Museums is a program that offers free admission to museums for all active duty, National Guard and Reserve military personnel and their families from Memorial through Labor Day. Museums in our area include:

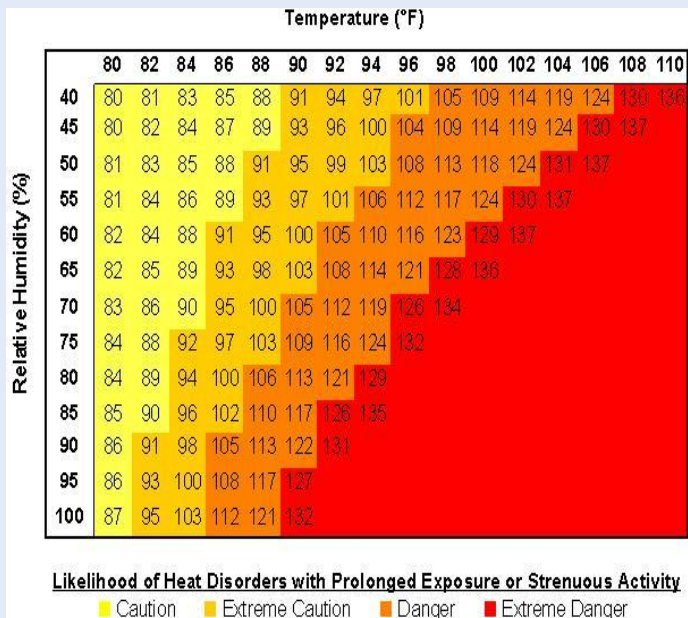
T.T. Wentworth, Jr. Florida State Museum - Pensacola

Destination Archaeology Resource Center - Pensacola

Alabama State Capitol - Montgomery, AL

Fort Morgan State Historic Site - Gulf Shores, AL

Mobile Museum of Art - Mobile, AL



Know the Signs:

Heat Cramps - Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.

Heat Exhaustion - Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

Heat Stroke - A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

EXTREME PENSACOLA: *HOW TO BE SAFE AND COPE WITH EXTREME HEAT*

We're lucky to be living in an area with beautiful beaches and what seems like perpetual sunshine. But like everything else, exposure to the sun is best in moderation...especially when extreme heat sets in. Given that the temperatures have already started spiking, it's important to be careful when outside. Seniors, children, those who are overweight or have compromised immune systems are more susceptible to heat related illness.

The Escambia County Disaster Response department has several suggestions to keep you safe this summer.

- ✚ Limit exposure to the sun and stay indoors.
- ✚ Stay on the lowest floor in air conditioning. If air conditioning is not available, stay in shaded area.
- ✚ Eat well-balanced, light and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- ✚ Drink plenty of water. Persons who have epilepsy or heart, kidney or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- ✚ Limit intake of alcoholic beverages. None is best.
- ✚ Dress in loose-fitting, lightweight and light-colored clothes that cover as much skin as possible.
- ✚ Protect face and head by wearing a wide-brimmed hat.
- ✚ Check on family, friends and neighbors who do not have air conditioning and who spend much of their time alone.
- ✚ NEVER leave children or pets alone in closed vehicles.
- ✚ Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.

Each month we will showcase some of the many resources available to you. There are so many wonderful resources that can help you in your daily lives. Please take advantage!

Have you registered at Navy Knowledge Online (NKO)? <https://wwwa.nko.navy.mil>



Did you know that by registering at NKO you gain access to E-libraries, Do-It-Yourself databases, on-line tutors, and language tutorials to pick up a new language. After registering, just access the "Reference" tab to check out all the offerings available to members of the Navy and their dependents.

Offering include:

Byki Online - a NEW online language learning tool available 24/7. Byki online is a flash card based learning system takes you through a series of easy steps to memorize words and phrases, including their meanings and proper pronunciation, in the shortest possible time. Byki Online includes thousands of useful words and phrases that will empower you to begin speaking after the first lesson. Expand your horizons and learn a new language this summer!

MyiLibrary – A new source for audio books. MyiLibrary is compatible with MAC & PC, iPod, and MP3 players.

TumbleBooks – A collection of animated, talking picture books as well as games.

Do-It-Yourself Database – Want to learn how to fix a leaky faucet or expand your craft skills? Check out the Do-It-Yourself Reference Center and the Hobbies & Crafts Reference Center.

*Are you new to the Navy or just need some support?
We've got resources for you!*

Sea Legs

A must for the new spouse! *Sea Legs*, a handbook written by Navy spouses, will help you become acquainted with life in the Navy and the many resources and benefits available to Navy family members. *Sea Legs* is free and may be ordered by calling Naval Services FamilyLine toll-free at 1-877-673-7773.

Military OneSource (<http://www.militaryonesource.com>)

Military OneSource provides you with information and resources that can help improve many areas of your life, from personal to professional. This confidential service is available 24/7.

Lifelines (www.lifelines.navy.mil)

Visit the Lifelines website to find answer to questions about the military lifestyle. You may access information on deployment, moving, finances, and much more.

Spouse Employment Assistance Program (<http://www.ffsp.navy.mil/seap/seap.htm>)

A Navy program at the Fleet and Family Support Centers that addresses the employment challenges of military spouses. Workshops are offered on launching a job search, career planning, resume writing, interview techniques, Federal employment information, conducting self-assessments, goal setting, and vocational tests.

News You Can Use

Updates from The American Red Cross

Family members have expressed concern about how to contact their family during an emergency or crisis situation, for a status check. As part of an ongoing effort to better serve the military community, the American Red Cross announced that it will move to a **single telephone number** for its emergency communication services.

Beginning June 13, 2011, at 9:00 a.m. CST, all military members and their families can use one number- 877-272-7337 (U.S. Toll Free) to send an urgent message to a service member. The change means that all military members and their families can use this single number to initiate an emergency communication, regardless of where they live.

A call to 877-272-7337 allows Red Cross emergency communications services to put military personnel in touch with their families following the death or serious illness of an immediate family member, the birth of a service member's child or grandchild or when a family faces other emergencies. Additional Red Cross services such as case management and emergency financial assistance also are available. For those stationed overseas, the three options for calling will remain the same: calling 877-272-7337 direct, accessing the number through a military operator, or calling the local Red Cross station.

Absentee Voting

Voting is a constitutional right that American citizens eighteen years and older can freely exercise. The *Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA)* covers all active-duty members of the Uniformed Services and their families, members of the merchant marine and their families, and US citizens who reside overseas, and assists them in exercising their right to vote. Elections are managed individually by all 55 states and territories. This means that there are 55 sets of rules for absentee voting by *UOCAVA* citizens, but the basic steps are simple:

1. Citizens register to vote and request an absentee ballot by filling out the Federal Post Card Application (FPCA), and mailing it to their local election official in the state in which they are eligible to vote.
2. The election official approves/disapproves the FPCA or requests additional information.
3. If the FPCA is approved, the election official sends an absentee ballot to the citizen.
4. The citizen votes and returns their ballot to their election official by their state's deadline.

To successfully vote absentee, *UOCAVA* citizens should:

- Allow plenty of time to request, receive, and return their ballot.
- Notify their local election official each time their mailing address changes.
- Become familiar with their state's absentee voting laws, procedures, and deadlines to make sure their ballot is properly executed and will be counted.

For additional information or questions regarding absentee voting, please contact our Command Voting Assistance Officer @ (850) 505-6283.

Do you have that number?

Navy-Marine Corps Relief Society

Emergency Numbers

850-425-2300

Poison Control Center: 1-800-222-1222

Emergency Services / on base: (850) 452-3333

Emergency Services / off base: 911

General Numbers

American Red Cross	(877) 272-7337
Child Development Center (Corry Station)	(850) 453-6286
Child Development Center (NAS Pensacola)	(850) 452-2161
DEERS	(850) 452-3617 ext. 3903
Disaster Assistance	(850) 452-5990 ext. 3155
Family Advocacy	(850) 452-5990 ext. 115
Fleet & Family Support Center	(850) 452-5990
Military Directory	(850) 452-3100
MWR	(850) 452-3806
Naval Hospital / Appointments	(850) 505-7171
Naval Hospital / Family Medicine Clinic	(850) 505-6380
Naval Hospital / Immunization Clinic	(850) 505-6257
Naval Hospital / OB/GYN Clinic	(850) 505-6750
Naval Hospital / Pediatric Clinic	(850) 505-6737
Naval Hospital Information	(850) 505-6601
Navy Legal Assistance	(850) 452-3733 / (850) 452-3734
New Parent Support	(850) 452-5990
NEX	(850) 453-5311
Pharmacy Refills	(850) 505-6459 / (850) 453-3218
PSD Customer Service	(850) 452-3617
TRICARE Office	(800) 444-5445
USO	(850) 455-8280
WIC	(850) 595-6670 / (850) 505-6117